

Year 8 Recipes 8DT

Date: 09/09/2026 Violet
10/09/2026 Yellow

1. Fajitas

1 x onion
1 x chicken breast
1 x garlic clove
1 x pepper
1 tsp paprika
1 tsp mild chili powder
1 tsp cumin
1 tsp of veg oil
2 x tortilla wraps

Named container

Date: 16/09/2026 Violet
17/09/2026 Yellow

2. Ragu sauce with pasta

1 tablespoon of vegetable oil
150g pasta shapes
1 x glove of garlic
1 x onion
1 x tin of chopped tomatoes,
Herbs, Optional extras:
sweetcorn/ peppers/tuna

A named container to take it
home in

Date: 23/09/2026 Violet
24/09/2026 Yellow

3. Chinese Stir Fry

150g fresh egg noodles
1 clove garlic—peeled &
crushed
1 piece of ginger—shredded
2 spring onions ,4 mushrooms
A handful of mange tout
10 ml oil 50g beansprouts
(thoroughly washed)
15ml soy sauce Optional:
approximately 250g of chicken
Named container

Date: 30/09/2026 Violet
01/10/2026 Yellow

4. Bolognaise

200g minced beef
1 x onion, 1 tin chopped
tomatoes, 1x tablespoon tomato
puree, 1 teaspoon mixed herbs,
1 stock cube

Please bring a suitable
container for this a plastic box
with a lid we be good

Date: 07/10/2026 Violet
08/10/2026 Yellow

5. Macaroni cheese

50g Plain Flour
50g Butter
500ml Milk
250g Grated Cheese 250g
Macaroni (or any shaped dried
pasta)

A named container to take it
home in

Date: 14/10/2026 Violet
15/10/2026 Yellow

6. Pizza

200g bread flour
1x tsp yeast
1-2 tbsp. Warm water
¼ tsp salt
1tbsp. Tomato paste
125g Mozzarella / cheese
Own choice of vegetables

Named container

Date: 21/10/2026 Violet
22/10/2026 Yellow

7. Curry

500g raw diced chicken
1 tablespoon vegetable oil
1 x onion
12x garlic clove
1 x tablespoon of curry powder
or paste
1 x chicken stock cube
1 x tablespoon of tomato puree
½ teaspoon of sugar
2 x tablespoons of greek style
yoghurt, coriander to garnish
(optional) Named container

***Welcome to Food Preparation
and Nutrition at Lockyer's
school. Please bring your
ingredients in a named bag and
put them in the food storage
cupboards in your classroom
OR in a named container in the
fridge.
If providing ingredients is a
problem at any time, please see
your teacher ASAP. The more
notice we have the more we will
be able to help. It may be
necessary to rearrange a
practical lesson due to
unforeseen circumstances; you
will be notified of any changes
as soon as possible.***

Many thanks, Mrs Siallagan